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RAF LAKENHEATH, UK

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[www.lakenheath.af.mil](http://www.lakenheath.af.mil)

# 48th DS gets to the root of the problem

## AF to implement second DOS rollback



**PLUS: Man on the street**



**Home safety tips**



JET 48 Vol. 47 No. 4  
Friday, Feb. 2, 2007

**"Anywhere, Anytime ...  
Whatever needs done."**

**Brig. Gen. Robert P. Steel**

*48th Fighter Wing commander*

**Capt. Beth Kelley Horine**

*Public affairs chief*

**1st Lt. Aaron Henninger**

*Public affairs deputy chief*

**Master Sgt. Renee Kirkland**

*Public affairs superintendent*

**Staff Sgt. Nicholasa Reed**

*Internal information NCOIC*

#### JET 48 STAFF

**Senior Airman Eric Donner**

*Editor*

**Airman 1st Class Kris Levasseur**

*Staff Writer*

**Rachael Marion**

*Intern*

#### HOW TO REACH US

Submissions

**Email:** [jet.48@lakenheath.af.mil](mailto:jet.48@lakenheath.af.mil)

**DSN:** (314) 226-2151

**Fax:** 011 44+(1638) 525637

**Phone:** 011 44+(1638) 522151

**Editorial office:** Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

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48th Fighter Wing Public Affairs

**Mail:** 48FW/PA, Unit 5210 Box 215, APO AE 09461

**Email:** [48fw.pa@lakenheath.af.mil](mailto:48fw.pa@lakenheath.af.mil)

**Phone:** 011 44+(1638) 522151

Advertising

For advertising rates and information, call  
011 44+(1295) 738674

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## AT A GLANCE

### Royal Air Force Lakenheath

INTEGRITY - SERVICE - EXCELLENCE

AMERICA'S

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#### Royal Air Force Lakenheath

Royal Air Force Lakenheath, United Kingdom, is located 70 miles northeast of London and 25 miles from Cambridge. As the host wing, the 48th Fighter Wing is also designated the Air Force's Statue of Liberty Wing - making it the only wing with both a numerical designation and an official name. The Liberty Wing has nearly 5,700 active-duty military members, 2,000 British and U.S. civilians, and includes a geographically separated unit at nearby RAF Feltwell. In addition to supporting three combat-ready squadrons of F-15E Strike Eagle and F-15C Eagle fighter aircraft, the Liberty Wing houses the 56th Rescue Squadron's HH-60G Combat Search and Rescue helicopters. RAF Lakenheath is the largest U.S. Air Force-operated base in England and the only U.S. Air Forces in Europe (USAFE) F-15 fighter wing.

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Three issues of the Jet 48 left until Liberty Live debuts on [www.lakenheath.af.mil](http://www.lakenheath.af.mil).

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## DUI STATISTICS

**Last DUI:**

☐ 1 a.m., Jan. 14

**Squadron:**

☐ 48th Component Maintenance Squadron

**DUI condition:** Yellow

**ARRIVE ALIVE...  
DON'T DRINK  
AND DRIVE!**



AADD

**AADD Hours:** 10 p.m. to 6 a.m. Thursdays through Saturdays and Sundays on three-day weekends. Call 226-4800 or (08003) 280 178.

*Courtesy of the 48th Fighter Wing Safety Office*

### ON THE COVER:

The 48th Dental Squadron is key in keeping the Airmen of the 48th Fighter Wing healthy and ready to deploy.  
(Photo by Airman 1st Class Kris Levasseur)

# Welcome home

## Reintegrating into squadron life

BY BRIG. GEN. ROBERT P. STEEL

48TH FIGHTER WING COMMANDER

During the past several weeks, more than 800 Team Liberty members have returned from deployments in support of the Air and Space Expeditionary Force cycle. These men and women have been absent from their families, friends and co-workers and all are glad to have them back. But not so fast. Everything will not be exactly as it was before they deployed.

Many of our deployed airmen have worked very hard in their 24/7 locations and often in a very stressful environment. They will need some time to settle in and then adjust to the Liberty Wing's battle rhythm again. Stepping directly back into the Liberty Wing battle rhythm is not something that either the returning deployer or the rest of the people in the work center are probably prepared for. While these AEF deployers were away, our Liberty Wing work centers survived and the mission got done. Those of us left behind have learned new processes and maybe even set up

different procedures to accomplish the mission. We should not be too quick to try and change everything at once. The combined experiences can lead to new and innovative ideas that can only help to further the mission.

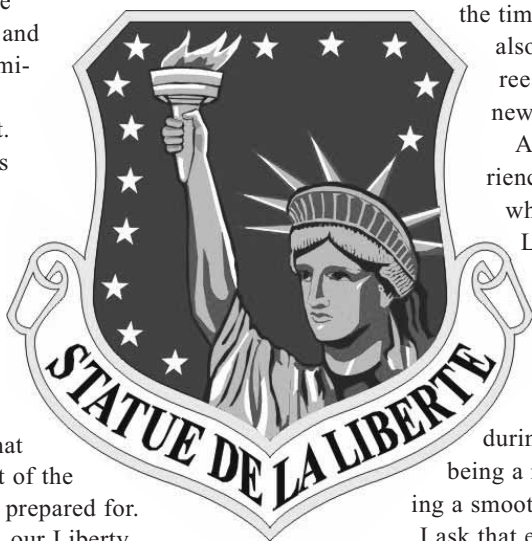
Even as the deployed member and their family are given the time to reintegrate into family life, coworkers should also remember to take it slow. It will take time to reestablish our good working relationships, learn new procedures and maybe even learn a new job.

All of us have learned much from our recent experiences. Our AEF deployers have experienced much while on deployment and our airmen back at the Liberty Wing have accomplished just as much while they were gone. All of us should share what we have learned and take advantage of these lessons and see what might be helpful in continuing to accomplish the mission.

The Wingman concept has never been truer than during times like these, taking care of each other and being a responsible member of the team will aide in making a smooth transition for everyone involved.

I ask that everyone keep safety in mind as they celebrate their return home to family and friends.

Congratulations and welcome home, Liberty Warriors.



## ACTION LINE



The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail ([Action.Line@lakenheath.af.mil](mailto:Action.Line@lakenheath.af.mil)), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215) or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number and full APO mailing address. Names are confidential.

I am writing to address the smoking section at the RAF Lakenheath hospital. The smoking section is located on the pathway from the main hospital parking lot to the hospital entrance. So often while walking into the hospital I am hit with a wave of smoke that has drifted over from the smoking area. As a mother, I do not appreciate my children being exposed to secondhand smoke at the hospital, a place that is supposed to promote healthy living. I feel this designated smoking area should be relocated to a place that is less

of a high traffic area. I understand smoking is a personal choice, however, I should have the choice on whether or not to inhale cigarette smoke. I feel I should have the right to breathe fresh air, especially at a location such as the hospital.

For the answer to the Action line, visit [www.lakenheath.af.mil](http://www.lakenheath.af.mil).





## Liberty SFS blotter

The 48th Security Forces Squadron handled the following incidents from Jan. 24 to Monday:

**Jan. 24:** An Airman reported his property stolen from his vehicle in Lakenheath Village

**Jan. 24:** A civilian reported her vehicle damaged while parked in front of the legal office

**Jan. 24:** Security forces assisted an individual who reported a possibly stolen vehicle. The vehicle was later recovered.

**Jan. 25:** A civilian was involved in a vehicle accident in Edmonton, North London

**Jan. 25:** An Airman and a civilian were involved in a vehicle accident in the parking lot of Bldg. 978

**Jan. 25:** A civilian reported his gym bag stolen from the commissary

**Jan. 25:** Security forces responded to a loud noise complaint in the dormitories and apprehended an Airman for contributing alcohol to a minor

**Jan. 26:** An Airman was involved in a major vehicle accident at the intersection of B1112 and A1065

**Jan. 29:** Security forces responded to a loud noise complaint in Bldg. 917 and apprehended an Airman for disorderly conduct, drunkenness and insubordinate conduct towards a senior NCO

If you have any information concerning any incident, call the security forces control center at 226-2333, (01638) 522 333 or 226-4800, or call your first sergeant. For an emergency on base call 911, and for an emergency off base call 999.

## Personal property security tips

In the military we are all trained to make safety priority number one in all we do. There are checks and measures in place in almost every conceivable process to ensure mission success.

One of the biggest threats to personal property is carelessness on the parts of individuals to ensure the little things. From locking windows in the house, concealing valuables in the car, most threats can be mitigated by following some simple tips.

The 48th Security Forces Squadron has offered some surefire ways to make certain your property is not an "easy target."

### Windows

Fit key operated locks to all accessible windows including widows that can be reached from a drain pipe or flat roof.

### Garages and sheds

Garages should be secured with a strong lock, especially if adjoined to the house by a connecting door. Make sure the contents of the garage are secured.

### Gates and fences

A high wall or fence can deter a burglar. Padlock the gate at night or when you are away from the house.

### Security Lighting

Make sure the house looks occupied, particularly at night. Outdoor lighting with motion sensors or timers helps illuminate anyone in the vicinity of the house.

### Neighborhood Watch

Neighborhood Watch is a partnership between the 48th Security Forces Squadron and the public to help reduce crime. Members can

alert the 48th SFS of any actual or suspected crime within their area.

### General tips

- Use a door chain when opening the door to strangers.
- Ask to see their identification and check it.
- Do not leave keys in an outside area surrounding your home.
- Do not put a tab with your name and address on your key chain.
- Do not leave your keys or valuable items visible through windows.
- Mark valuable and personal items with the postcode, house number and initials.
- Notify a neighbor when going away.
- Always check that the doors and windows are locked before leaving or going to bed.
- Keep keys in a safe place and make sure you always know where they are.
- Keep emergency telephone numbers by the telephone.
- Do not keep too much cash at home.
- Close curtains during the night.
- If you receive malicious calls, contact the police.

Following these tips are common sense to most and apply both stateside and abroad. Always ask yourself "what if" when approaching situations that could possibly tempt a would-be criminal. Doing this, will keep family and valuables protected and secure.

*(Editors note: information provided by 48th Security Forces Squadron.)*

## Lakenheath High School students visit Dublin

BY RACHAEL MARION

JET 48 INTERN

How many students can say they were able to go to Ireland and stay near Chinatown? Gail Brady, Lakenheath High School English teacher, and the advanced placement literature students trekked out on what has become an annual trip to Dublin early on the cold morning of Jan. 12.

The group was assembled and ready, some sleepy and some with a powerful mixture of anticipation and excitement, to start their educational weekend in Dublin.

The first stop was the James Joyce museum. There the group split in half. One group took the walking tour and the other group set-off to explore the museum. The walking tour offered the chance to visit prominent places in Joyce's life. A few of the buildings visited were described in his stories, such as "The Dead" and "Ulysses."

The museum tour contained some of Joyce's belongings. The highlights of the museum were the table where he finished his last book and the bed where he wrote most of his famous books.

After the museum tour the students went to the theater. The play "A School for Scandal," a humorous play about a group of gossipmongers and the trouble they get themselves into.

The next day, the students were ready to visit

Trinity College. There they learned about the Book of Kells, one of the oldest books in existence, and to see the massive collection of books in the library. There were books dating as far back as medieval times, all the way up to modern authors.

"The library was the biggest library I've ever seen and I wanted it to be mine," remarked Amber Patti, LHS student.

Mrs. Brady gave the students time to explore the college and do some shopping before visiting Dublin Castle. Most students returned to the group with various Irish souvenirs and memorabilia as keepsakes of their experience.

Dublin Castle was a wooden Viking fortress and through the years it has been improved to a stone castle. The castle is now a major tourist attraction. On display in the castle is its history and artifacts from the castle's turbulent history. It is one of the first castles to have a workable moat and drawbridge, and the building structure was state of the art.

"I enjoyed visiting Dublin Castle, and Dublin in general," said Felicia Lamothe.

From the plays, famous literary icons, and a slew of historical locales, this group collected more than souvenirs, they stocked up on memories and experiences that will last them a lifetime.

## On target



Photo by Airman 1st Class Jessica Snow

Staff Sgt. Ryan Martin 48th Security Forces RAF Feltwell, instructs Airman 1st Class Beau Portman of the 100th Air Refueling Wing RAF Mildenhall, to adjust his sights on his M-16 Jan. 19. Airmen are required to conduct M-16 qualification and familiarization to stay proficient.

# Air Force to implement second DOS rollback

BY STAFF SGT. G. TODD LOPEZ

AIR FORCE PRINT NEWS

**WASHINGTON** — The Air Force has adjusted its force-shaping numbers in response to better-than-expected retention rates in fiscal year 2006.

In a message dated Jan. 26, officials said the Air Force must cut 3,090 Airmen by Sept. 30 in order to meet this year's force shaping goals.

The Air Force will use three personnel programs to help meet the goal. Those programs involve an extension of the limited active duty service commitment, or LADSC, waiver for technical and master sergeants to retire, a second wave of date-of-separation rollbacks, and a limited number of LADSC waivers for Airmen with 6 to 11 years of service in some career fields to voluntarily separate.

Last year, the Air Force offered LADSC waivers for some master and technical sergeants. The waivers allowed those Airmen to retire earlier than normal. But so far, only 524 Airmen had been approved for that program, short of the Air Force's goals. In response, the window to apply for the program has been extended. Airmen may now apply for this program until April 30, but they must choose a retirement date that is no later than Sept. 1, 2007.

The Air Force will conduct a second round of DOS rollbacks. Under this program, some Airmen will be separated from the service earlier than they expected. Airmen who have less than 14 years of service or more than 20 years of service, and who are currently serving on a control roster, have declined retainability for an assignment, have declined training or are serving suspended punishment pursuant to an Article 15, can be selected for the DOS rollback.

The DOS rollback program will give many Airmen a new separation date of Aug. 1, 2007. Airmen from all Air Force specialty codes can be affected by this program.

Finally, the Air Force is offering LADSC waivers to Airmen in certain career fields who have more than six but less than 11 years of service. Under this program, the Air Force will waive an Airman's service commitment so he or she may separate early. A limited number of waivers will be granted, and Airmen who elect to participate in the program must choose a separation date of Sept. 29, 2007 or earlier.

Airmen in 23 control AFSCs are eligible for the LADSC waiver separation program: 2A0X1A, 2A0X1C, 2A6X1A, 2E1X1, 2E2X1, 2E6X2, 2E6X3, 2F0X1, 2S0X1, 2T0X1, 2T3X5, 3A0X1, 3C0X1, 3C0X2, 3C2X1, 3E0X1, 3S0X1, 3V0X1, 4P0X1, 4T0X1, 4Y0X1, 6F0X1 and 8M0X0.

# Man on the street:

What do you think about the Jet 48 transitioning to an online publication.



"I mostly read the Jet48 online now anyways. I think the Jet48 going primarily online will make the information more up to date," said Master Sgt. William Johns, 48th Component Maintenance Squadron.



"I have three kids at home that occupy my computer for most of the day. I find it easier to pick up a copy of the Jet 48 on Friday than to have to go online and read it," said Angela Crespo, 48th Medical Operations Squadron.



"I probably would read it more often if it was published online," said Senior Airman Heather Meyer, 48th Aircraft Maintenance Squadron.



Photos by Airman 1st Class Kris Levasseur

"I think it's great. The online publication will contain the same information without wasting the ink and paper," said Staff Sgt. Ian Bendel, 48th Communications Squadron. "The online publication will be more efficient," he added.

## 2007 USAFE Idol Talent Contest dates announced

**HQ USAFE SERVICES - SEMBACH** — Dates, locations and prize packages for the 2007 USAFE Idol Talent Contest have been announced by U.S. Air Forces in Europe Services.

The talent will amaze you at the base-level competitions, taking place between Feb. 24 - March 31 at the following locations:

Feb. 24 – Lajes Field, Azores  
 March 2 – Spangdahlem Air Base, Germany  
 March 9 – Ramstein AB, Germany  
 March 15 – Incirlik AB, Turkey  
 March 24 – Aviano AB, Italy  
 March 27 – RAF Mildenhall  
 March 29 – RAF Lakenheath  
 March 31 – RAF Alconbury

Celebrity judge and entertainer for this year's event is Anthony Fedorov, a Ukrainian-American singer who was a top finalist on American Idol Season 4.

This year's prize packages include: All first, second and third-place winners at the base-level will receive cash prizes of \$350, \$100 and \$50 respectively. Contest sponsors American Airlines, Coca-Cola, Exchange New Car Sales, Army and Air Force Exchange Services and USAFE Services have donated cash and

prizes including round-trip airline tickets and electronic gear for winners at the USAFE-level competition. Plus, all participants reaching the USAFE-level will get gift bags valued at more than \$300. The USAFE Band Ensemble 'Touch N' Go' will entertain the crowds and provide accompaniment for all contestants at all levels of the competition.

The USAFE Idol Talent Contest competition is open to all active-duty Airmen assigned or attached to USAFE units, as well as all civilians and dependents 18-years or older. These events provide quality entertainment to family members and friends while showcasing the incredible pool of talent that exists among our Airmen across USAFE.

The 2007 USAFE Idol Talent Contest culminates the week of April 11-14 at Ramstein Air Base, Germany. Base-level winners proceeding to the USAFE-level contest receive three days of performing arts workshops and rehearsals hosted by the USAFE Band. The USAFE-level contest takes place 7 p.m. April 14 at the Ramstein Officers' Club. The 2007 USAFE Idol will be announced that evening following two rounds of competition.

Complete rules, guidelines and applications, as well as additional information on base-level contests, can be found on the USAFE Services Idol website at: [www.usafeidol.org](http://www.usafeidol.org).



# The 48th Dental Squadron

“You smile because we care”

PHOTOS AND STORY BY AIRMAN 1ST CLASS KRIS LEVASSEUR

STAFF WRITER

Cracked teeth, root canals, wisdom teeth removals and cleaning; when RAF Lakenheath’s Airmen need dental work, they go to the 48th Dental Squadron.

The 48th DS is the second largest dental clinic in United States Air Forces in Europe, servicing more than 23,000 active duty and family members from the 48th Fighter Wing and the 100th Air Refueling Wing.

According to Capt. Brian Alent, 48th DS general dentist, oral health is a part of the overall health of an Airman; it directly contributes to mission readiness.

“It’s critical to the mission to make sure Airmen don’t have oral infections or other problems while they are deployed or just performing daily duties,” said Captain Alent.

The dental squadron fixes dental issues from cavities to crowns to keep our Airmen fit to fight. During the duty day, the dental clinic uses a triage system.

“We see a multitude of problems during the duty day from simple consults to extreme pain. The triage doctor decides who needs to be seen immediately and who can wait for an appointment,” said Captain Alent.

According to Maj. Kurtis Kobes, 48th Dental Squadron general dentist, some people put off coming in to the dental clinic until the problem becomes serious. “Many of the problems we see for

emergencies are issues that could have been resolved earlier,” said Major Kobes.

During non-duty hours, people with dental emergencies should go to the emergency room. The emergency room will then contact the on-call dentist.

To help guarantee the 48th DS is able to run smoothly, the 48th DS has four flights; the dental clinic, dental support, the dental laboratory and the dental clinic on RAF Mildenhall. Each flight works together to provide care to Airman and their families.

The personnel of the 48th DS are afforded many opportunities for training. “On the job training is a big part of how we are trained. Before I practiced on my own, I did a year of residency which I wouldn’t have had the opportunity to do as a civilian dentist,” said Captain Alent.

To ensure the dental squadron maintains a high level of customer satisfaction and efficient care the dental clinic set four major goals:

- To have a dental ready force, maintaining 95% of RAF’s Lakenheath and Mildenhall’s personnel in a dental deployable status.

- To have a ready dental force by ensuring 48th

DS personnel are up-to-date on training.

- To optimize patients oral health and customer satisfaction.

- To provide a positive environment for the staff.

The 48th Dental Squadron makes going to the dentist less stressful by meeting and exceeding their goals. The professional staff and welcoming environment keep the Airmen of the 48th Fighter Wing smiling and ready to deploy.

**“It’s critical to the mission to make sure Airmen don’t have oral infections or other problems while they are deployed or just performing daily duties.”**

*Capt. Brian Alent,  
48th Dental Squadron*



**Top:** Tech. Sgt. Lloyd Cross, 48th Dental Squadron laboratory technician, puts the final touches on a dental implant. The dental lab works on everything from crowns to porcelain implants used to cover or replace teeth when they need to be strengthened, rebuilt or replaced.

**Right:** Capt. Brian Alent, 48th DS general dentist, instructs Airman 1st Class Geneva Newbill, 48th DS dental assistant, on how to read a dental impression she had taken. A dental impression is a copy of the mouth made using an elastic material. Impressions are taken for diagnostic reasons and to assist the dental lab in constructing various dental appliances.



## Dental health classifications

There are four different categories the 48th Dental Squadron uses to assess the dental needs of an Airman.

### Class one:

The Airman has no dental needs and is ready to deploy with no foreseeable dental issues within the next 12 months.

### Class two:

The Airman has some dental issues, but they are not severe enough to cause problems within the next 12 months. Class two Airmen are still deployable.

### Class three:

The Airman has serious dental issues. Airmen in class three are dentally unfit to deploy. “Airmen in class three usually need a root canal or some other major dental procedure, but the final say on whether they deploy rests on their commander,” said Capt. Brian Alent, 48th DS general dentist.

### Class four:

The Airman hasn’t had a dental examination in the past 12 months and requires one.



# Observations of a deployed flight doc

BY COL. PATRICK STORMS

506TH EXPEDITIONARY MEDICAL SQUADRON DEPUTY COMMANDER

After, we waved goodbye to the 494th Fighter Squadron and a handful of our fellow medics at their deployed base in the Middle East last September, we then mounted up for the final leg of our trip to Kirkuk Air Base, Iraq. Once there, we met up with the other half of our Lakenheath expeditionary medical squadron team, now one-week veterans of Operation Iraqi Freedom. Medics rarely deploy as a complete unit. Instead they deploy in bits and pieces and assemble a disparate group of medics from several bases into a functioning team while we are “in the fight.” Luckily, in this instance, every medic at Kirkuk hailed from the 48th Medical Group. Having at least a passing acquaintance with everyone in our unit gave us a huge home field advantage, easing us through some of the awkward “Where are you from again?” moments. The team assembled as we entered the fray.

The fray didn’t waste much time. The day after we briefed our mass casualty plan, we had to put the plan to work with our first mass casualty. The day after we briefed our massive transfusion plan, we received a patient requiring massive transfusions. We decided maybe we needed to stop briefing plans for bad stuff.

Actually, what these events showed is that planning works. By going through these scenarios in advance, confusion and turmoil at the moment of truth were minimized. We worked well as a team, but teamwork doesn’t just happen, it requires planning, practice and flexibility.

Teamwork also requires leadership manifested through visibility, accessibility and command presence. In another remarkable stroke of luck or providence, we were commanded by our own 48th MDG commander, Col. Robert Miller. Our life lesson in leadership was delivered in spades. Colonel Miller led from the front, put his wings to work and flew out medevac casualties in over ten combat missions, pushed aside roadblocks to success, and implemented morale programs that were the envy of the group. It’s hard to grouse about the risk of deployment when your boss spends more time outside the wire than almost any else in the unit.

Stepping off the plane in Kirkuk that first time, I was greeted by the reality that the base didn’t have any assigned flying units. So what does a flight doc do when there aren’t any flying units? Answers: provide operations support, oversight to traditional team aerospace activities, medical evacuation support, and assist with the Iraqi Air Force.

I spent more time in the control tower and radar approach control facility during the course of this deployment than I had in my Air Force career to date, and the immersion was eye-opening. The professionalism, dedication and work ethic of Staff Sgts. Brandie Washington and April Brown, both 48th Fighter Wing Airmen, were inspiring. The aversion of the controllers to going “off status” was as compelling as any fighter pilot I’ve encountered, and in a minimal manning environment it was key to keeping airfield operations flowing smoothly.

Even without jets on the ramp, important facets of Team Aerospace must be tended to. Industrial hygiene activities, environmental hazard assessment and mitigation, food and water vulnerability assessments,

food sanitation inspections and force health management activities are as compelling in a “no jet” environment as they are at home station. Adding to it, however, was the assessment of potentially contaminated improvised explosive devices, a new spin to our weapons of mass destruction preparedness. Our Liberty Medics, Maj. Juan Leon, Capt. Ian Rybczynski, Tech. Sgt. Jennifer Moore and Staff Sgt. Brandy Willingham, did the 48th FW proud through their ongoing display of professionalism, customer focus and competence.

Air Force flight surgeons are used to working within the aeromedical evacuation world, but the “Dustoff” – or medevac—environment of casualty evacuation is a thrill ride of a different sort. Our critical care aeromedical transport teams are multi-person teams of professionals with hundreds of pounds of equipment, ready to transport the sickest casualties through the unforgiving environment of the air. In the Dustoff

world, those same casualties had to be sustained for an hour or more by a single flight surgeon, an Army medic, and a handful of medical equipment and supplies. When I went through medical school I never envisioned performing CPR in a helicopter, racing over the landscape of Iraq, in an effort to save the life of a wounded American hero. A lifetime of medical training and experience is acutely focused in the confining environment of a Dustoff helicopter, and the remarkable skill of the Army Dustoff team cannot be overstated.

“Teamwork also requires leadership manifested through visibility, accessibility and command presence.”

Col. Patrick Storms,  
506th Expeditionary Medical Squadron Deputy Commander

Perhaps the most fascinating aspect of this deployment was the chance to work with the new Iraqi Air Force as they take their first fledging steps. Nothing confirms the value of a flight surgeon as a fully-vetted member of a flying unit more than seeing a unit without a flight medicine presence. Basic medical clearance issues, grounding management and medical operational risk management are aspects we routinely take for granted as a basic part of flying safety. Without these resources available to the IAF, the operational impact was felt. The need for assigned, language-competent, culturally-aware flight surgeons as an integral member of a flying unit is clear, and will be the key to the IAF’s successful growth and development.

The greatest challenge of this rotation was one over, which I had little or no control: the job of continuing to pursue our aeromedical mission at RAFs Lakenheath and Mildenhall with even tighter manning and unchanging demand. Faith in the leadership, skill and flexibility of my squadron during this deployment allowed me to focus on the tasks at hand, confident they would meet the considerable challenges head-on and prevail. Their superb performance during this rotation validated my confidence in them, and is a source of ongoing pride.

Watching Kirkuk shrink into the distance as I flew out in January was a sight I had looked forward to since my arrival. While I miss nothing about the environment, the risk and the occasional deadly scorpion, I do miss the tightly-focused sense of purpose and the power of highly-motivated Airmen. My fondest memories are those involving the agile application of combat medical airpower and the value of superb leadership in the deployed environment. The men and women of the 48th MDG served the Liberty Wing and our Air Force proudly in the inhospitable environs of Iraq and at our other multiple deployed locations, as well as in the green fields of our UK home.





# Discover Britain

— By Natalie Benge - Community Relations Advisor —

## Visiting London

I have spent the last three years living and working in London and have grown to love the buzz of the city and thought I'd take this opportunity to share some experiences. I thoroughly enjoyed my time in the capital and tried my best to experience as much of the culture as possible. With so much to offer I have managed to see a fraction of the sights in my time there and had a few interesting moments along the way.

While visiting the city it's well worth wandering off the beaten track. This is where you'll find the real London. Many well known historical sights are still living and breathing, while others are unfamiliar but worth looking at.

### Getting Around

There are a variety of transportation options to use when visiting London although I find the best way to cover it is on foot – with a very comfortable pair of shoes. It can seem like a daunting task, spread over miles of winding streets but all the main sights are within a short walk and what better way to experience the city atmosphere. For transportation information, visit [www.londontransport.co.uk](http://www.londontransport.co.uk).

### Safety

It is well worth noting that you can find yourself a little overwhelmed in London and so I always recommend exercising caution whilst travelling around the city. Personal safety goes without saying but perhaps more importantly, and from personal experience, be wary of the traffic and roads as the traffic moves quickly and unpredictably.

### Congestion Charge

Central London has a congestion charging scheme that is in place to reduce the amount of vehicles in the City, to ease overcrowding on the roads and benefit the environment. The charge is currently £8 per day Monday through Friday and you must be paid that day or in advance of travel otherwise you may incur fines up to £150. If you want to take your car into London visit [www.cclondon.com](http://www.cclondon.com) for information on how to pay the charge and areas covered.

### My Top Sights

The first settlement in London was established in 43 AD during the Romans' conquest of Britain. The Romans forded the River Thames at the shallowest point and built a timber bridge on the site where Tower Bridge now stands. It was from this point the network of roads, towns and forts were built and London rapidly became a large commercial trading area.

Today many famous sights from St Paul's Cathedral to Henry VIII's hunting lodge in the centre of Soho Square are still visible in

the city. There is a variety of attractions to see.

**The Royal Opera House** – I have experienced both the ballet *Giselle* and the opera *La Traviata* at the Royal Opera house and both performances were sensational. The building itself dates back to 1732 and is a beautiful venue for a night out although tickets are pricey.

**British Museum** – You can see everything from Egyptian mummies to buried treasure in this museum and it's free. The museum has been open for more than 250 years and is a great way to while away a few hours looking at all the artifacts from cultures around the world.

**Shopping** – Shopping is great in London although not so good for the bank balance at the end of the month! There are so many great places to head for, Oxford Street and Bond Street being the most famous. I would thoroughly recommend a trip to Monmouth and Endell Streets though if you're looking for something a little bit different as there are selections of small boutique shops one of a kind designs and gifts.

**Covent Garden Piazza** – This is my favourite place in London to experience a chaotic and lively piece of city life. The Piazza is an interesting place packed full of unique shops and market stalls. Visitors can expect to be entertained by a variety of street performers and I would highly recommend having a drink in the Amphitheatre Café or the Punch and Judy for a great view of the roof tops of London.

**Portobello Road** – Situated in Notting Hill, Portobello Road is a lively and colourful place full of weird and wonderful items. Here you will find antique shops, cafes, bars, curiosity shops, delis and some great European restaurants. On the weekend there is a flea market toward the Northern end selling clothes, shoes and jewellery. During your visit you may even spot one of the eccentric local residents who can be seen roller-skating in just his underpants, even in the winter.

**Battersea Park** – Battersea Park is a peaceful haven in the middle of the city. You can really enjoy escaping from the busy city by taking a leisurely stroll around Festival Gardens, a boat across the lake or just stop for a moment at the peace pagoda for a moment of reflection.

### Useful Websites

To prepare for your visit to London these websites can provide you with useful tips and information to help you make the most of your visit.

[www.londontown.com](http://www.londontown.com)

[www.london.gov.uk](http://www.london.gov.uk)

[www.thisislondon.co.uk](http://www.thisislondon.co.uk)

For more information on living in Britain call Natalie Benge, Community Relations Adviser at 266-3145, or email [natalied.benge@lakenheath.af.mil](mailto:natalied.benge@lakenheath.af.mil).

# All wrapped up

The American Red Cross Annual Gift Wrapping Fundraiser was a success. The Red Cross would like to recognize Lakenheath non-profit organizations for their support of volunteers who donated time during the busy holiday season.

48th Dental Squadron  
Anglia Girl Scouts  
48th Med Group Top III  
Air Force Sergeants Association  
Deep Space Tracking Systems Advisory  
48th Aerospace Medical Group  
48th Supply Wizards  
Liberty Tots  
Syene Temple #193  
Enlisted and Civilian Spouses Club  
Softball Club  
Company Grade Officer Council  
48th Services Squadron  
48th Communications Squadron

Boy Scout Troop 219  
48th Medical Auxiliary Group  
First Sergeants  
Xi Zeta Beta Sigma Phi  
Liberty Top III  
48th Munitions Squadron  
Women's Varsity Softball  
Defender Council  
48th Mission Support Squadron  
Boy Scout Troop 215  
48th Medical Operations Squadron  
Liberty 56  
Friends of the 5th Grade

Volunteers at Lakenheath's American Red Cross office help provide the Liberty Wing and families with: emergency communication services, hospital assistance, health and safety instruction and certification and other various base wide support functions.

To honor all Red Cross employees and volunteers, March has been dedicated as "Red Cross Month." The Red Cross will hold an annual Volunteer Appreciation Luncheon March 21. For more information, call 226-1855

## Worried about the weather?

For information on base and school weather delays or closure, call 226-3541 or off base (01638) 523 541 for RAF Lakenheath; and 238-3541 or off base (01638) 543 541 for RAF Mildenhall.



### Company grade office commity

A CGOC meeting is 3 p.m. Feb. 9 at Eagles' Landing. The guest speaker is Lt. Col. Benjiman Davis, 48th Equipment Maintenance Squadron, commander.

### University of Phoenix

University of Phoenix is starting two new face-to-face classes in January. The classes are for a Masters in Business Administration and a Masters of Arts in Education in Curriculum and Instruction. For more information, call 226-3125.

### Volunteers needed

Volunteers are needed for Lakenheath Elementary School's annual Bazaar and Carnival, Feb. 10 at the school cafeteria and gym. Set-up, tear-down, vendor escorts and game helpers needed. For more information, e-mail [tracyt@gmail.com](mailto:tracyt@gmail.com).

### Sports physicals

The pediatrics clinic will conduct sports physicals Feb. 21, at 1 p.m. Appointments can be made through the appointment line or the front desk. Arrive 20 minutes prior to fill out all paperwork.

### Animal welfare officer

The animal welfare officer handles all pet concerns. The AWO provides education and information on owning a pet on a military installation. For more information, call the pet welfare office at 226-5796.

### OCSC function

The Officer and Civilian Spouses Club function is 10 until 11 a.m., Feb 13 at Eagles' Landing. The theme is "Love Your Heart" with guest speaker, Ronda Carter, RN, BSN. For more information or to RSVP contact to Stacey White at [sj\\_white99@hotmail.com](mailto:sj_white99@hotmail.com) or (01638) 668 296.

### Babysitter's course

An American Red Cross Babysitter's Course is 9 a.m. until 5 p.m., March 10. The class is in the Airman and Family Readiness Center, at RAF Lakenheath. For more information and to sign-up, call the American Red Cross at 226-1855.



## MOVIES

### RAF Lakenheath 226-2139

#### Today

**6:30 p.m., Deck the Halls**, PG, starring Danny DeVito and Matthew Broderick. Steve, a suburban dad and Christmas enthusiast, leads a well-ordered, well-planned, and well organized life. His new neighbor, Buddy, is Steve's polar opposite: a big personality with big dreams, which have yet to materialize. But Buddy's latest dream - to create the biggest holiday light display in the world, visible from outer space - is turning Steve's disciplined world into a chaotic nightmare.

**9 p.m., Déjà Vu**, PG-13, starring Denzel Washington and Val Kilmer. Everyone has experienced the unsettling mystery of déjà vu - that flash of memory when you meet someone new you feel you've know all your life or recognize a place even though you've never been there before. But what if the feelings were actually warnings sent from the past or clues to the future? It is déjà vu that unexpectedly guides ATF agent Doug Carlin through an investigation into a shattering crime.

#### Saturday

**1 p.m., Deck the Halls**, PG

**3:30 p.m., Déjà Vu**, PG-13

**6:30 p.m., Déjà Vu**, PG-13

#### Sunday

**4 p.m., Catch and Release**, PG-13, starring Jennifer Garner and Timothy Olyphant. After the sudden death of her fiancé, Gray Wheeler finds comfort in the company of his friends: lighthearted and comic Sam, hyper-responsible Dennis, and, oddly enough, his old childhood buddy Fritz, an irresponsible playboy whom she'd previously pegged as one of the least reliable people in the world. As secrets about her supposedly perfect fiancé emerge, Gray comes to see new sides of the man she thought she knew, and at the same time, finds herself drawn to the last man she ever expected to fall for.

**5:30 p.m., Catch and Release**, PG-13

#### Monday

**6:30 p.m., Casino Royale**, PG-13, starring Daniel Craig and Judi Dench. James Bond's first 007 mission takes him to Madagascar, where he is to spy on a terrorist Mollaka. Not everything goes as planned and Bond decides to investigate, independently of the M16 agency, in order to track down the rest of the terrorist cell. Following a lead to the Bahamas, he encounters Dimitrios and his girlfriend, Solange. He learns that Dimitrios is involved with Le Chiffre, banker to the world's terrorist organizations. The marathon game proceeds with dirty tricks and violence, raising the stakes beyond blood money and reaching a terrifying climax.

#### Tuesday

**6:30 p.m., Catch and Release**, PG-13

#### Wednesday

**6:30 p.m., Catch and Release**, PG-13

#### Thursday

**6:30 p.m., Deck the Halls**, PG

### RAF Mildenhall 238-4955

#### Today

**6:30 p.m., Freedom Writers**, PG-13, starring Hilary Swank and Imelda Staunton. A dedicated California teacher finds a way to unify her disadvantaged, racially divided students, and to improve their grasp of academics, partly by having them keep journals about their violent, troubled lives.

**9 p.m., Turistas**, R, starring Josh Duhamel and Melissa George. A group of young backpackers' vacation turns sour when a bus accident leaves them marooned in a remote Brazilian jungle that holds an ominous secret.

#### Saturday

**3:30 p.m., The Holiday**, PG-13

**6:30 p.m., Freedom Writers**, PG-13

**9 p.m., Turistas**, R

#### Sunday

**3:30 p.m., Freedom Writers**, PG-13

**6:30 p.m., Turistas**, R

#### Monday

**6:30 p.m., The Holiday**, PG-13

#### Tuesday

**6:30 p.m., Turistas**, R

#### Wednesday

**6:30 p.m., The Holiday**, PG-13

#### Thursday

**6:30 p.m., Catch and Release**, PG-13



## Briefs

### Varsity volleyball

Anyone interested in playing varsity men's and women's volleyball, contact 1st Lt. Rob Loniewsky at 226-5904 or Tech. Sgt. Sheldon Briggs at 226-3878.

### Lewin and Irene Brown Scholarship

Applications for the Lewin and Irene Brown Community Service Scholarship are available for pick up from Kent Daugherty, Lakenheath High School Senior Counselor. The scholarship is presented to a minor dependent whose sponsor is a US military or US civilian member employed in the RAF's Mildenhall, Lakenheath or Feltwell Community. Application deadline is March 23. For more information, contact Melissa Conley at [melissaconley@mac.com](mailto:melissaconley@mac.com), Alison Kitching, at [alison@alikota.com](mailto:alison@alikota.com), or Kent Daugherty at [Kent.Daugherty@eu.dodea.edu](mailto:Kent.Daugherty@eu.dodea.edu).

### Commissary scholarship

The RAF Lakenheath and RAF Mildenhall commissaries are giving away a \$1500 scholarship. Qualified applicants may apply at either RAF Lakenheath's or RAF Mildenhall's commissaries. The deadline is Feb. 21. For more information on the scholarship, visit [www.commissaries.com](http://www.commissaries.com) or call RAF Lakenheath commissary at 226-3515.

## Airman and Family Readiness Center

(For more information call 226-3847)

### Ten steps to a federal job

Ten steps to a federal job part 1, is 9 a.m. until noon Monday. Part 2 is 9 a.m. until noon Feb. 12. The class covers federal job searches, reading job announcements, and completing the online resume and application processes.

### Pre-separation briefing

A pre-separation briefing is 1 until 3 p.m., Tuesday and Feb. 20 and 9 to 11 a.m., Feb. 13 and 27. The class fulfills the mandatory requirement for all personnel retiring/separating from the military.

### Spouse reintegration training

A spouse reintegration training course is 3 to 4:30 p.m., Feb. 9. The class will provide information and skills to spouses to ensure a positive homecoming experience.

### Bundles for babies

A bundle for babies class is 9 a.m. until noon, Feb. 9. This educational program for expectant parents focuses on budgeting for a baby, bonding with your baby, Women Infant and Children Overseas and childcare options.

### Financial foundations

A financial foundations course is 8 to 9 a.m., Feb. 9, 16 and 23. The money management class includes goal setting, budgeting, credit and debt management and basic investing.

### Newcomers Bus Tour

Newcomers bus tours are 8:45 a.m. until 2:30 p.m., Feb. 16 and 23. The newcomers tour includes visiting the historical town of Bury St. Edmunds, the cathedral, eating in a pub, shopping and free time to explore. The tour on Feb. 9 will be to Duxford Imperial War Museum.

### Pet scoop

The pet scoop class is 2 to 5 p.m., Feb. 21. A pet specialist will assist military families to properly plan for shipping their pets.

Lakenheath  
Chapel  
schedule

## Catholic

Saturday Mass 5 p.m.

Sunday Mass 9:30 a.m.

Holy Day Mass 11:30 a.m. and 6:30 p.m.

Weekday Mass Monday, Wednesday,

Thursday and Friday 11:30 a.m.

Reconciliation Saturdays 4 to 4:20 p.m. or by appointment.

## Protestant

Liturgical Service 8 a.m.

Traditional Protestant Service 11 a.m.

Gospel Service 12:30 p.m.

Contemporary Service 4:30 p.m.

For more information about worship times or other chapel programs, call 226-3711.